

## Physical Readiness Program E-GRAM

### UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – October 2014

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#### How does the 45-day policy apply to reservists authorized a “Bad Day” re-test?

Per NAVADMIN 231/13, the BCA shall be completed within 45 days of, but not less than 24 hours prior to, participation in the PRT. This policy applies to both active and reserve Sailors. The PRT, to include Bad Day retest, must be completed with 45 days from the official BCA. If the recorded PRT is not completed within 45 days of the official BCA, the CO may assign a participation status of "UA" for the PRT.

#### If PRIMS indicates a PHA is not complete, but the CFL has paperwork showing completion, what can be done to allow the member to complete the PARFQ?

Background: PRIMS receives an automatic data feed from the Medical Readiness Reporting System (MRRS) once a week. Medical personnel must enter the PHA completion date into MRRS for PRIMS to receive the update. A member's Individual Medical Readiness (IMR) link on BOL does not show the PHA has expired until 1-year and 30 days from the last completed PHA. As per policy, the PHA is only valid for one-year (365 days). If a CFL has the signed PHA completion form from medical, the CFL can manually enter the PHA completion date in the “Edit Member Record” tab in PRIMS to allow the member to complete the PARFQ.

#### Is there an easy way to verify if members have not completed the PARFQ?

YES. Under the command tab in PRIMS, right click the UIC/command name then click “Command Reporting.” From the next screen select “PARFQ Listing” then select “Members Who Have Not Completed” and then select the appropriate PFA cycle. This report will indicate members who do not have a completed and saved PARFQ in PRIMS.

#### What is an MEB and how does it work?

An MEB is a Medical Evaluation Board. The purpose of an MEB is to identify members with medical conditions that affect their ability to perform the BCA or PRT and how it relates to their specific Navy job. Any member who does not participate in the BCA, or does not participate in a cardio event and at least one muscular endurance event (push-ups, curl-ups) for two consecutive cycles for the same medical condition, or any three cycles in a four-year period, regardless of the medical condition, shall be referred to an MEB.

#### **Note:**

Effective 1 July 2015, the Physical Readiness Program Office will no longer accept correction requests that are older than one-year. OPNAVINST 6110.1J enclosure (1), page 11, paragraph 11 states: Requests to correct PRIMS data must be submitted to OPNAV (N135), currently (N170B), within 1-year of occurrence. Members must utilize the Board for Correction of Naval Records process if outside one-year.

### **Tip of the Month!**

Knowing what to eat can be confusing.

The information on the food label only helps when you know what you are looking for.

Become food label savvy by following simple strategies at the link below:

[http://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Documents/What%27s%20Behind%20the%20Label%20\(Nutrition%20Fact%20Sheet\).pdf](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Documents/What%27s%20Behind%20the%20Label%20(Nutrition%20Fact%20Sheet).pdf)